

# WASHINGTON SENIORS WELLNESS CENTER

## JANUARY 2016

3001 Alabama Ave. SE  
Washington, DC. 20020

202-581-9355

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Please consider making a donation to WSWC to support our social programs and activities.</i></p>	<p>Center Hours: Monday: 8:00am-6:30pm Tuesday: 8:00am-5:00pm Wednesday: 8:00am-6:30pm Thursday: 8:00am-5:00pm Friday: 8:00am-5:00pm</p>			<p><b>1</b></p>  <p>Center Closed</p>
<p><b>4</b> 8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Nutrition A 10:30 Nutrition B 10:30 EnhanceFitness 11:30 BEEDL 1:00 EnhanceFitness 1:45 Nutrition E 5:00 PM-6:30PM Fitness</p>	<p><b>5</b> 9:00 Tennis 9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45T'ai' Chi 12:30 Tennis <b>2:00 Vision Board Party with WSWC Staff</b></p>	<p><b>6</b> 8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue A 10:30 Spanish Class 10:30 EnhanceFitness 10:35Health Dialogue B <b>11:30 Members Assembly Meeting</b> 1:00 EnhanceFitness <b>1:00 Club Memory</b> 2:00 Yoga <b>5:00PM—6:30PM FITNESS</b></p>	<p><b>7</b> 9:00 Tennis 9:00 Zumba 9:50 Health Dialogue C <b>10:30 MLK Library Tour and Free Jazz Concert</b> 10:35 Nutrition D 10:40 Gentle Movement C/D 12:00 T'ai Chi 1:00 Art Class 1:45 Nutrition F <b>2:00 Ladies Spa Day sponsored by Mary Kay</b></p>	<p><b>8</b> 9:00 EnhanceFitness 10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness 2:00 Yoga</p>

<b>11</b> 8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Nutrition A 10:30 Nutrition B 10:30 EnhanceFitness 11:30 BEEDL 1:00 EnhanceFitness 1:45 Nutrition E 5:00 PM-6:30PM Fitness	<b>12</b> 7:30 Open Gym 9:00 Tennis 9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45T'ai' Chi <b>2:00 Money Matters Budgeting Class</b>	<b>13</b> 8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue 10:30 Spanish Class 10:30 EnhanceFitness 10:35Health Dialogue B 1:00 EnhanceFitness 2:00 Yoga <b>2:00 Food Demo</b> 5:00PM—6:30PM FITNESS	<b>14</b> 7:30 Open Gym 9:00 Tennis 9:00 Zumba 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 11:45T'ai Chi 1:00 Art Class 1:45 Nutrition F <b>2:00 Men's Spa Day sponsored by Mary Kay</b>	<b>15</b> 9:00 EnhanceFitness 10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness 2:00 Yoga
<b>18</b>  <p>Martin Luther King Jr. Day</p> <p>Center Closed</p>	<b>19</b> 9:00 Tennis 9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi <b>2:00 Will Preparation Presentation by Legal Shield</b>	<b>20</b> 8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue 10:30 Spanish Class 10:30 EnhanceFitness 10:35Health Dialogue B 1:00 EnhanceFitness <b>1:00 Club Memory</b> 2:00 Yoga 5:00PM—6:30PM FITNESS	<b>21</b> 7:30 Open Gym 9:00 Tennis 9:00 Zumba 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 11:45 T'ai Chi 1:00 Art Class 1:45 Nutrition F	<b>22</b> 9:00 EnhanceFitness 10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness 2:00 Yoga

<b>25</b> 8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Nutrition A <b>10:00 Legal Counsel for the Elderly</b> 10:30 Nutrition B 10:30 EnhanceFitness 11:30 BEEDL 1:00 EnhanceFitness 1:45 Nutrition E 5:00PM Fitness	<b>26</b> 9:00 Tennis 9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi	<b>27</b> 8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue 10:30 Spanish Class 10:30 EnhanceFitness 10:35 Health Dialogue B <b>12:00 SWEAT at Arena Stage</b> 1:00 EnhanceFitness 2:00 Yoga 2:00 Food Demo 5:00PM—6:30PM FITNESS	<b>28</b> 7:30 Open Gym 9:00 Tennis 9:00 Zumba 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 11:45 T'ai Chi 1:00 Art Class 1:45 Nutrition F	<b>29</b> 9:00 EnhanceFitness 10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness 2:00 Yoga
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**\*Schedule subject to change\***